Amendments to the Claims

This listing of claims will replace all prior versions and listings of claims in the application.

1.   (Currently Amended) A cervical collar comprising: a front collar portion having a chin support portion and generally conforming to the neck, shoulders, and mandible of a wearer, the front collar portion being fabricated from a soft flexible material; and a lateral reinforcing support member disposed in the neck region below the mandible bone of the wearer, the support member being fabricated from a substantially incompressible material~~.~~;

          wherein the support plate is positioned substantially parallel to the wearer's jawbone.

2.   (Original) The cervical collar of claim 1, wherein the support member has a generally rectangular shape forming a plate.

3.   (Original) The cervical collar of claim 2, wherein the plate is substantially flat.

4.   (Original) The cervical collar of claim 3, wherein the support plate has at least one rounded corner.

5.   (Original) The cervical collar of claim 4, wherein the at least one rounded corner engages the mandible of the wearer for limiting the rotating of the wearer's neck.

6.   (Canceled).

7.   (Original) The cervical collar of claim 1, wherein the support member is fabricated from a lightweight and rigid material for providing sufficient lateral support to the wearer's head.

8.   (Original) The cervical collar of claim 1, wherein the front collar portion is fabricated from a foam material.

9.   (Original) The cervical collar of claim 1, wherein the support member is attached to the front collar portion with at least one rivet.

10.   (Original) The cervical collar of claim 9 further comprising a fabric fastener for connecting the front collar half to a rear collar half, and wherein the fabric fastener is attached to the front collar portion with the rivet.

11.   (Original) The cervical collar of claim 1, wherein the support member is a plate having at least one rounded corner.

12.   (Original) The cervical collar of claim 1, wherein the support plate is flat and rectangular.

13.   (Original) The cervical collar of claim 12, wherein the support plate is fabricated from a substantially incompressible material.

14.   (Original) The cervical collar of claim 11, wherein a plurality of the support plates are provided to increase the lateral support.

15.   (Original) The cervical collar of claim 1, wherein the support member is a plate having at least one rounded corner.

16.   (Original) The cervical collar of claim 1, wherein the support member has a color which is indicative of a material property of the support member.

17.   (Original) The cervical collar of claim 1, wherein a plurality of the support members are provided, at least one support member being provided for each lateral side of the wearer's neck.

18.   (Currently Amended) A method of exercising neck muscles comprising: providing a cervical collar comprising a front collar portion having a chin support portion and generally conforming to the neck, shoulders, and mandible of a wearer, the front collar portion being fabricated from a soft flexible material; and a lateral reinforcing support member disposed in the

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neck region below and substantially parallel to the mandible bone of the wearer, the support member being fabricated from a substantially incompressible material; applying the cervical collar to a wearer's neck; and moving the wearer's head to one side to strengthen the wearer's neck muscles against the resistance provided by the lateral support member.

19.   (Currently Amended) A method of fitting a cervical collar comprising the steps of : providing a cervical collar comprising a front collar portion having a chin support portion and generally conforming to the neck, shoulders, and mandible of a wearer, the front collar portion being fabricated from a soft flexible material; fitting a lateral reinforcing support member to the front collar portion in the neck region below and substantially parallel to the mandible bone of the wearer, the support member being fabricated from a substantially incompressible material; testing the lateral support provided by the lateral support member; fitting at least one additional lateral support members to the front portion depending upon the results of the test.

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